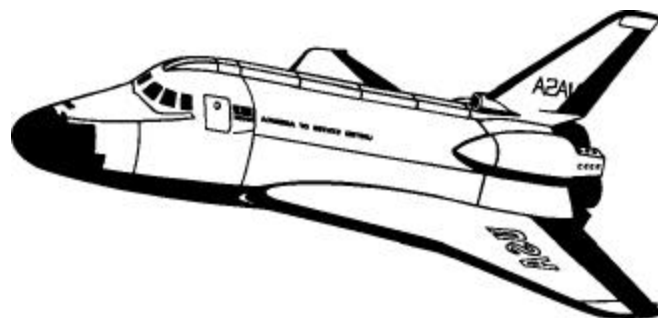


Lift-Offs All Systems Go! & Touch-Downs

Try this 7-point checklist to start and end your day.



Morning Lift-Off

Every morning before you begin your day:

☐ **Decide** on or reconfirm your daily goal for personal improvement. For example:

"I will exercise for 15 minutes today." "I will not let my boss get under my skin."

"I will make a phone call today to ask about joining a self-help group."

☐ **Generate** a sincere intention to follow through on your goal - even if you've failed at it many times in the past.

☐ **Visualize** how you will accomplish your goal. For example, see yourself hiking with a coworker during lunch break, giving your boss a friendly, warm greeting, or making that important phone call.

Evening Touch-down

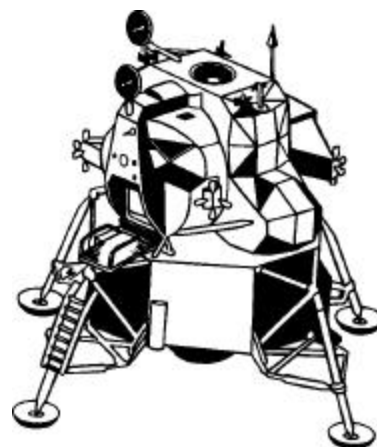
Every night, as the last thing you do before you lie down to sleep:

☐ **Review** how your day went.

☐ **Congratulate** yourself on any successes, allowing yourself to feel the glow of accomplishment.

☐ **Remind** yourself gently to do better tomorrow, in any areas where you failed to live up to your morning's intent.

☐ **Visualize** fully achieving your goal for personal improvement. Let this fill you with joy and well-being, as you drift off to sleep. In time, your bed will become a place of inspiration and openness - rather than negativity, confusion, or closed-mindedness.



To change our planet, we must truly believe that the changes we want are not only possible, but on their way to becoming a reality.

